

Family Self-Care and Over the Counter Medications Program

Sponsored by:
FAHC Department of Pharmacy

What are “Over the Counter” Medications?

- ▶ Nonprescription medications and products
- ▶ Often referred to as “OTC medications”
- ▶ Available without prescription from your doctor
- ▶ DO NOT assume all OTC products are safe for you!
 - ▶ Read labels carefully
 - ▶ Ask your pharmacist or doctor if you have any questions

OTC/ Self-Care product considerations

- ▶ OTC medications are effective when use appropriately

BUT....

- ▶ ALL have side effects
- ▶ ALL can be dangerous when used inappropriately
- ▶ ALL can interact with other prescription and nonprescription medications
- ▶ ALL contain active medicine ingredients and should be used with care

How to read a label?

Therapeutic substance in drug

When not to use this drug, when to stop using it, when to see a doctor, and possible side effects

More information on how to store the drug

Drug Facts

Active ingredient (in each tablet) **Purpose**
 Chlorpheniramine maleate 2 mg Antihistamine

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:
 ■ sneezing ■ runny nose ■ itchy, watery eyes
 ■ itchy throat

Warnings
Ask a doctor before use if you have
 ■ glaucoma
 ■ a breathing problem such as emphysema or chronic bronchitis
 ■ trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

When using this product
 ■ You may get drowsy ■ Avoid alcoholic drinks
 ■ Alcohol, sedatives, and tranquilizers may increase drowsiness
 ■ Be careful when driving a motor vehicle or operating machinery
 ■ Excitability may occur, especially in children

If pregnant or breastfeeding, ask a health professional before use.
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

Adults and children 12 years and over	Take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
Children 6 years to under 12 years	Take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
Children under 6 years	Ask a doctor

Other information Store at 20-25° C (68-77° F)
 ■ Protect from excessive moisture

Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

Product type

Symptoms or diseases the drug treats

Read carefully: how much to use, how often to use it, and when to stop using it

Other things in the drug, such as colors or flavorings

Picture taken from:
<http://pharmrx.yolasite.com/resources/otcLabel.jpg?timestamp=1305567869094>

Requirements and Instructions

- ▶ Medications listed next 2 slides are available for military beneficiaries with acute (short term) health conditions, that have completed the self-care class.
- ▶ Request from the pharmacy at **Fox Army Health Center** by showing your self-care card and filling out self-care request form.
 - ▶ *Must take “new prescription” number*
- ▶ OTC medication requests will be limited to **3 items per visit per family** with a maximum of **ONE visit per week**.
- ▶ By receiving the medication, you agree to use the medication as intended.
- ▶ Medications for children < 2 years old should always be recommended by pediatrician or other health care provider and will not be provided as apart of this program.
- ▶ All self-care medications are subject to current availability and substitutions can not be made if unavailable.

Self-care OTC program Medication List

Pain/Fever

- ▶ Acetaminophen (Tylenol):
 - ▶ suspension 160 mg/5 mL
 - ▶ tablets 325 mg
- ▶ Ibuprofen (Motrin, Advil):
 - ▶ suspension 100 mg/5 mL
 - ▶ tablets 200 mg

Allergies

- ▶ Diphenhydramine (Benadryl):
 - ▶ Capsules 25 mg
 - ▶ Syrup 12.5 mg/5 mL

Chest congestion/ cough

- ▶ Dayquil Cold/Flu
 - ▶ (Dextromethorphan/Acetaminophen/Phenylephrine)
- ▶ Nyquil Severe Cold/Flu
 - ▶ (Doxylamine/dextromethorphan/acetaminophen/phenylephrine)
- ▶ Guaifenesin (Robitussin) Syrup 100 mg/ 5mL
- ▶ Guaifenesin DM (Robitussin DM) Syrup 100-10 mg/5 mL
- ▶ Saline Nasal Spray
- ▶ Sudafed PE (Phenylephrine) 10mg tablets

More on next page →

Self-care OTC program

Medication List continued...

Gastrointestinal

- ▶ Docusate Sodium 100 mg capsules (Colace)
- ▶ Loperamide 2mg tablets (Imodium)

Sore throat

- ▶ Cepacol (generic) throat lozenges

Risk of Unplanned Pregnancy

- ▶ Plan-B (ID must be presented)

Topicals

- ▶ Bacitracin antibiotic ointment
- ▶ Clotrimazole 1% antifungal cream (Lotrimin)
- ▶ Benzoyl Peroxide 5% acne gel
- ▶ Hydrocortisone 1% steroid anti-itch cream
- ▶ Miconazole 2% antifungal vaginal cream (Monistat 7)

Pain Reliever/ Fever Reducer

Acetaminophen

- ▶ Commonly known as “Tylenol”
- ▶ Found in many combination cough and cold products
- ▶ Acts as a fever reducer and pain reliever
- ▶ Does not thin blood
- ▶ Does not reduce inflammation
- ▶ Can cause liver damage in high doses
 - ▶ Do not exceed 3 g/day

Ibuprofen

- ▶ Commonly known as “Advil” or “Motrin”
- ▶ Acts as a pain reliever, fever reducer, AND anti-inflammatory
- ▶ Can cause upset stomach or heart burn
 - ▶ Take with food or milk!
- ▶ Will thin blood
 - ▶ Avoid if taking blood thinner (Aspirin, Plavix, Coumadin, etc)

Allergies

Diphenhydramine

- ▶ Commonly known as “Benadryl”
- ▶ Use to relieve symptoms of allergic reaction including itching, swelling, redness
- ▶ Do not use with other medications that contain diphenhydramine, even those used on the skin
- ▶ Causes drowsiness
- ▶ Can be used as a sleep aid in higher doses
- ▶ Use with caution if you have asthma, heart disease, glaucoma, enlarged prostate, or thyroid dysfunction. Talk to your doctor or pharmacist before use.
- ▶ Do not use in children less than 6 years old

Cough and Cold

Dayquil Cold/Flu

- ▶ Contains Dextromethorphan, **acetaminophen**, and phenylephrine
- ▶ Used to treat relief of common cold and flu symptoms including minor aches and pain, fever, headache, cough, runny nose, sneezing, and sore throat.
- ▶ Call doctor if condition worsens or lasts more than 7 days or if fever lasts more than 3 days
- ▶ Do not use in children less than 6 years old

Nyquil Severe Cold/Flu

- ▶ Contains Doxylamine, dextromethorphan, **acetaminophen**, phenylephrine
- ▶ Used to treat relief of common cold and flu symptoms including minor aches and pain, fever, headache, cough, runny nose, sneezing, and sore throat.
- ▶ Antihistamine added to help with sleep
- ▶ Call doctor if condition worsens or lasts more than 7 days or if fever lasts more than 3 days
- ▶ Do not use in children less than 12 years old

Cough and Cold

Guaifenesin

- ▶ Commonly known as “Robitussin”
- ▶ Expectorant
- ▶ Loosens phlegm and increases lung lubrication to decrease chest congestion and allow for productive cough
- ▶ Drink plenty of fluids
- ▶ Do not use in children less than 12 years old

Guaifenesin DM

- ▶ Commonly known as “Robitussin DM”
- ▶ Expectorant + cough suppressant
- ▶ Dextromethorphan added in combination to help relieve cough symptoms
- ▶ Loosens phlegm and increases lung lubrication to decrease chest congestion
- ▶ Do not use in children less than 2 years old

Cough and Cold

Phenylephrine

- ▶ Commonly known as Sudafed PE
- ▶ Helps improve stuffy nose, runny nose, and postnasal drip
- ▶ Do not exceed 6 tablets in 24 hours
- ▶ Use with caution if you have high blood pressure, heart disease, enlarged prostate, diabetes, thyroid disease. Talk to your doctor or pharmacist before using.
- ▶ Do not use in children less than 12 years old

Saline Nasal Spray

- ▶ Commonly known as “Ocean Spray”
- ▶ Relieves nasal irritation and dryness
- ▶ Can be used for adults and children of all ages
- ▶ Does NOT contain active medication
 - ▶ No significant side effects

Gastrointestinal

Docusate Sodium

- ▶ Commonly known as “Colace”
- ▶ Stool softener for treatment of **constipation**
- ▶ Do not use if taking mineral oil
- ▶ Do not use if have abdominal pain, nausea, or vomiting
- ▶ Do not use for more than 7 days
- ▶ Stop use if rectal bleeding occurs or if you fail to have bowel movement after use
- ▶ Do not use in children less than 6 years old

Loperamide

- ▶ Commonly known as “Imodium”
- ▶ Oral treatment for **diarrhea**
- ▶ Do not use if stool is bloody, black, or tarry
- ▶ Do not use if diarrhea is caused by antibiotic use
- ▶ Do not use if fever is present
- ▶ Follow dosing instructions carefully
- ▶ Do not use in children less than 2 years old

Sore Throat

Cepacol Throat Lozenges

- ▶ Local anesthetic to treat sore throat
- ▶ Dissolve in mouth as needed
- ▶ Lozenges can be a choking hazard, do not give to children or adults at risk for choking.
- ▶ Call your doctor if sore throat lasts more than 3 days, is followed by fever, rash, nausea, or vomiting.

Topical Medications (Antifungal)

Clotrimazole 1% Cream

- ▶ Commonly known as “Lotrimin”
- ▶ Helps cure athlete’s foot, ring worm, and jock itch, yeast infection
- ▶ Symptoms may take 2-4 weeks to improve

Miconazole 2% Vaginal cream

- ▶ Commonly known as “Monistat 7”
- ▶ Helps to treat yeast infection in women
- ▶ Make sure to use twice daily for 7 days to ensure infection is gone

Topical Medications

Bacitracin Antibiotic Ointment

- ▶ First Aid ointment used to prevent infections in minor cuts, scraps, and burns
- ▶ Do not use for more than 7 days
- ▶ Do not use in deep puncture wounds, animal bites, or serious burns
- ▶ Call your doctor if condition worsens or returns

Hydrocortisone 1% Cream

- ▶ Steroid cream
- ▶ Relieves itching due to minor skin irritations, inflammation, and rashes
- ▶ Do not use for more than 7 days
- ▶ Do not use in children less than 2 years old
- ▶ Call your doctor if condition worsens or returns

Topical Medications (Acne)

Benzoyl Peroxide 5% Gel

- ▶ Used to kill bacteria that causes acne
- ▶ May cause skin to become dry, itchy, red, or peel
- ▶ Can cause allergic reaction, apply small amount to affected area to ensure no reaction before use
- ▶ Can bleach hair and fabric, use with caution
- ▶ Do not use in children less than 12 years old

Risk of Unplanned Pregnancy

Plan-B

- ▶ Emergency contraceptive
- ▶ Must be taken within 72 hours of unprotected intercourse
- ▶ Should be not used for routine use or as a birth control method
- ▶ Can be used during any time of the menstrual cycle
- ▶ Spotting, abnormal menstrual bleeding can occur
- ▶ May cause nausea or vomiting
 - ▶ If vomiting occurs within 2 hours of taking dose, retake dose

A few words about kids....

- ▶ THEY ARE NOT SMALL ADULTS!
- ▶ Do not estimate dose based on size
- ▶ Read label and follow age limits
- ▶ Be aware of medication strength
- ▶ Do not use kitchen spoon for dosing
- ▶ Use dropper or dosage cup
- ▶ Do not call medicine “candy”
- ▶ Watch out for duplicate ingredients
- ▶ Inform pediatrician of all medications being taken
- ▶ Seek help from doctor if condition persists

Other things to consider

- ▶ Store medications out of reach of children
- ▶ Ensure medication is close appropriately
- ▶ Store medication in cool, dry place
 - ▶ Unless stated otherwise on label
- ▶ Inspect package before use
- ▶ Do not use damaged packages
- ▶ Do not use medication that is discolored
- ▶ If it looks suspicious, BE SUSPICIOUS!
- ▶ Keep all medication in original containers
- ▶ Dispose of expired medication
 - ▶ Can drop off at MedSafe cabinet at the Fox Army Health Center or community announced drug take back programs



Pharmacy Hours

Monday- Friday

0730-1630